



MedStar Health



MedStar Million Hearts

Maryland Health Quality and Cost Council

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Peter Basch, MD, FACP
Medical Director, Ambulatory EHR and Health IT Policy
MedStar Health

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Million Hearts™ Premise



- Of the nearly 2M heart attacks and strokes occurring each year in the US, ~10% of them could be prevented by consistent application of the “ABCs”
 - Aspirin consistently recommended for those where benefits outweigh risks
 - Regular BP and lipid screenings
 - Where HBP and hyperlipidemia exist, treat to goal
 - Determine / update smoking status
 - ✦ Aggressively counsel to quit
- Over 5 years –prevent 1M heart attacks and stroke

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Baseline Stats for the US and 5 yr Goals



Indicator	Baseline
Aspirin use for people at high risk	47%
Blood pressure control	46%
Effective treatment of high cholesterol (LDL-C)	33%
Smoking prevalence	19%

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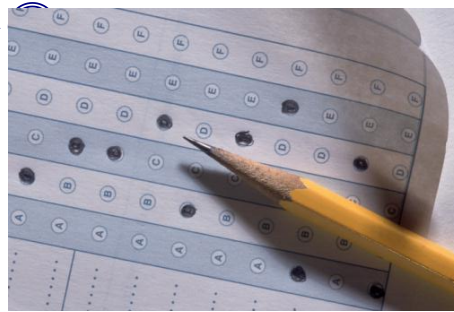
Why Did MedStar Health Choose to Partner with Million Hearts™?



- Large system with a strong commitment to the communities we serve
- On the “good-to-great” path
- Beginning to shift focus from acute care treatment to prevention
- “Stars are aligned”
 - World-class cardiology program - strongly supports guideline informed care
 - Primary care providers have been working together since 2001 with system-wide endorsed protocols (including the “ABCs”)
 - All providers on the same EHR, using the same forms
 - Most providers already successful with Stage 1 MU, and preparing for Stage 2 MU

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Meaningful Use as the Foundation of Better Care



- Incorporating Million Hearts™ into practice is Stage 2 Meaningful Use
- Being successful with Million Hearts™ is Stage 3 Meaningful Use
- “Now that’s meaningful!”

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Good-to-Great Starts With an Honest Look at Where You Are Now



Indicator	Baseline	MSH
Aspirin use for people at high risk	47%	?
Blood pressure control	46%	?
Effective treatment of high cholesterol (LDL-C)	33%	?
Smoking prevalence	19%	11.2%

- Aspirin for 2nd prevention – 84%
- BP obtained – 89%, BP goals set – 0%, BP controlled?
 - DM and CAD – 82%
- Lipids obtained – 62%, Lipid goals set – 0%, Lipids controlled?
 - DM – 54%, CAD – 63%
- Smoking status – 72.5% (for PCPs – 93%)
 - Never smokers = 50.3%, Former smokers – 11%
 - Smoking counseling documented for 70% of current smokers
 - How many current smokers in 2011 became former smokers?
 - Which strategies worked best to help with getting and staying off cigarettes?

What We Have Committed To



- Committing ourselves to making this a system priority
- Holding our PCPs and ourselves accountable for results over the next 5 years
 - Keeping “ABCs” guidelines UTD and endorsed
 - Using the EHR, clinical decision support prompts, reports, education, patient engagement, etc, such that we can make the following statements to our patients...

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MedStar Million Hearts Promise to our Patients



- All MedStar primary care sites will have information available about *Million Hearts* and MedStar's partnership efforts.
- Every adult patient who receives care from a MedStar primary care provider will be appropriately screened for high blood pressure and high cholesterol and will also be encouraged to discuss *Million Hearts* with their PCP and have their cardiac risk assessed.
- Every adult patient who should be on aspirin (without allergy or contraindication) will be encouraged to take aspirin.
- Every adult patient will have evidence-based goals set for their BP and cholesterol results; those with elevated BP and/or cholesterol will be optimally treated towards those goals.
- Every adult patient will be assessed for smoking, and if they smoke, they will be optimally managed towards cessation.
- Every adult patient will be provided with an individualized end-of-visit summary – showing their current ABCs “report card,” and reasonable steps they could take to further reduce their risk.

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Starting on Oct 1st – What Our PCPs Will See

HPI-ROS CCC:

General HPI | Specialty-Specific | Extra Hx-1 | Extra Hx-2 | Extra Hx-3 | Extra Hx-4

History of Present Illness | Select Specialty: Internal Medicine | **View All Protocols**

PCP: Peter Basch MD | Ref Provider:

Smoking Status and Counseling-Never Smoked

Smoking Status should be documented and assessed annually. The patient's smoking status last indicates the patient has NEVER smoked. Please confirm smoking status and provide smoking cessation counseling, handout(s), and prescription if indicated.

Smoking Status: never (02/22/2011)
Smoking Advice last given: N/A
Smoking Cessation Stage: N/A

☐ Order Smoking Cessation Med
☐ Print Handout(s)
☒ **Never smoker**
☐ Current every day smoker
☐ Current some day smoker
☐ Former smoker
☐ Tobacco Use Cessation Counseling Provided - CURRENT SMOKER ONLY
☐ Advised to quit smoking and follow-up with Primary Care Provider

(C) 2010 | Check All | Clear All | Close

☐ Recent treatment adjustments made, continue to monitor

(C) 2010 | Check All | Clear All | Close

(C) 2010 | Check All | Clear All | Close

HPI | Entry | Review | P-M-A | PMH | FH-SH | ROS | VS | PE | Probs | Test Mgmt | AP | PL Instr | Defer |

Prev Form (Ctrl-PgUp) | Next Form (Ctrl-PgDn) | Close

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A More Typical Patient

MedStar Million Hearts: Cardiovascular Risk Reduction Goals NOT Met

Based on this patient's current risk factors, blood pressure goals, and lipid goals, one or more items do not meet guidelines or treatment goals. Please address any unmet goals or document any exemptions.
NOTE: N/A means that no data is currently available for this item.

10 Year Risk CHD: 4 % | Cardiac Risk Category: Low Risk
FH CHD/MI in Male < 55 Years: no | FH CHD/MI in Female < 65 Years: no

Aspirin Contra: N/A | Aspirin Declined: N/A

Last BP: 128/78 (02/25/2011) | BP Goal < 140/90

Last LDL: 71 (02/26/2011) | LDL Goal < 160
Last HDL: 71 (08/25/2010) | HDL Goal > 40
Statin Contra: N/A | Statin Declined: N/A

Smoking Status: never (02/25/2011)

☐ Permanently Shut-Off Prompt: Not indicated based on patient condition
☒ Smoking Status has not been updated in last year: Update Smoking Status Now

(C) 2010 | Check All | Clear All | Close

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And When We Consistently Address the “ABCs”

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What Patients Will See

You have the power.

When it comes to your health, there's no one more powerful than you.

Join MedStar Health, the Maryland and Washington, D.C., region's largest healthcare provider, as we partner with Million Hearts, a nationwide campaign to prevent 1 million heart attacks and strokes over the next five years.

You pledge to take control of your heart health. We pledge to educate and motivate you by providing the latest information in heart disease prevention and care. It's all part of our commitment to bring healthy living to the communities we serve. After all, your participation just might make the impact we need to knock out heart disease for good.

Visit medstarhealth.org/millionhearts to join the fight.

MedStar Health Knowledge and Compassion Focused on You

You can reduce your risk for heart attack and stroke by addressing the ABCs:	
<ul style="list-style-type: none"> Aspirin If your 10 year risk of heart attack is greater than or equal to 10%, and you have no problems taking Aspirin, discuss taking a daily dose of Aspirin (81 mg) with your provider. If you already have heart disease, unless contraindicated, take Aspirin daily (or another antiplatelet medication) as prescribed by your provider. Goal for Aspirin Met: YES 	
<ul style="list-style-type: none"> Blood Pressure Keep your Blood Pressure below the recommended BP (Goal) determined for you of Systolic BP Goal < 140 and Diastolic BP Goal < 90. you can help achieve this goal through regular exercise, weight reduction (if overweight), limiting sodium (salt) intake, and taking any prescribed blood pressure medications as directed. Your last documented Blood Pressure was: 140/90 on 09/07/2012 Goal Met for Systolic BP: NO Goal Met for Diastolic BP: NO 	
<ul style="list-style-type: none"> Cholesterol Keep your LDL Cholesterol ("Bad Cholesterol") < 100. you can achieve this goal by limiting your fat intake, particularly your artificial trans fat consumption, and taking any prescribed lipid lowering medications as directed. Your last documented LDL Cholesterol ("Bad Cholesterol") was: 140 on 09/07/2012 Goal Met for LDL: NO Keep your HDL Cholesterol ("Good Cholesterol") > 40. you can achieve this goal by exercising, watching diet, and taking any prescribed lipid medications as directed. Your last documented HDL Cholesterol ("Good Cholesterol") was: 38 on 09/07/2012 Goal Met for HDL: NO 	
<ul style="list-style-type: none"> Smoking Cessation Smoking is a major risk factor for heart disease and should be avoided. Our records show your smoking status as: never smoker on 09/07/2012 Goal Met for Smoking Status: YES 	
Million Hearts Initiative - Prevent 1 Million Heart Attacks and Strokes over next five years, Starting September 2011	
<ul style="list-style-type: none"> Make healthy choices such as preventing tobacco use and reducing sodium and trans fat consumption. This can reduce the number of people who need medical treatment such as blood pressure or cholesterol medications to prevent heart attacks and strokes. Improving care with a targeted focus on the "ABCs" - Aspirin for people at risk, Blood pressure control, Cholesterol management and Smoking cessation - which address the major risk factors for cardiovascular disease and can help to prevent heart attacks and strokes. For more information about the Million Hearts initiative and to access cardiovascular disease risk assessment tools visit http://millionhearts.org 	
<small>Million Hearts is a trademark of the U.S. Department of Health and Human Services</small>	

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Let's Not Forget Community Outreach, Education and Research



- **Community outreach**
 - Healthier eating, optimizing weight, regular exercise
- **Education**
 - Hundreds of medical students / residents / fellows
- **Research Institute**
 - Study how we implement and effectiveness
 - Effectiveness of interventions
 - How many heart attacks and strokes were prevented

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Interim Goals and Next Steps



- **Initial goal = 100% adherence to addressing the “ABCs”**
- **Selective focus on**
 - Positive deviance
 - Improving patient adherence
 - Smoking cessation strategies

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Questions and Discussion

peter.basch@medstar.net

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